

Tantra and Embodied Spirituality

“The knowers of the Truth experience God in this human body, so they consider this body sacred. They say, “The body is the temple of God. What is a temple? ...It is where you go to experience the deep ever-existing bond of peace between you and your Beloved. .. A temple is a place where God can be seen. So when they say, ‘The body is a temple of God,’ the phrase makes you stop in your tracks and re-evaluate the way you’ve been treating your body.

“The glory of the human body is that it contains the experience of God.” ~ Swami Chidvilasananda

“Here in this body are the sacred rivers; here are the sun and the moon, as well as all the pilgrimage places. I have not encountered another temple as blissful as my own body.” Saraha Doha

“The body and the soul are the yin and yang of our current reality. They are, at this point of human evolution, irreparably bound together, and many spiritual teachers agree that the body is one of the greatest vehicles through which to access the soul. In fact, many believe that our spirit has chosen to be embodied as an essential part of our spiritual development. Consequently, it is the responsibility of each person ... to forge a marriage between the two, so that these disparate aspects bring out the best in each other, creating a vibrant, dynamic, and workable whole.” ~ Madisyn Taylor, www.dailyom.com

“There is a knot in the heart that makes you experience yourself as small, though you are great. This knot makes you experience suffering, even though you are nothing but bliss. It is because of this knot that you consider yourself to be made of matter, though you are made of Consciousness. The knot in the heart gives rise to this kind of wrong understanding over and over; and after giving rise to it, nourishes it and keeps it firm.

“In meditation this knot must be cut out through the surgery of Kundalini. It is not a physical knot; it is a psychological knot. It is called maya, or illusion. This knot in the heart can be burned up by the fire of Kundalini. When this knot is gone, all of a sudden the inner being is filled with light and you begin to laugh. It is this knot that causes everyone to suffer. The purpose of the Guru’s grace is to burn it up.” ~ Swami Muktananda

“Consciousness pervades the body from head to toe; it pervades everywhere. No place is without Consciousness. Everything is made of Consciousness.” ~ Swami Muktananda

“Each time you release your core tensions, you are dissolving another layer of falsity, exposing the real you that has been hidden underneath all along.” ~ Swami Nirmalananda

“When you have the experience of svaroop — the bliss of your own being — your mind and body are transformed, and it overflows into your life.

“...savor the inner experience and allow it to permeate your mind as you expand your awareness into the external world again. As you move into the world, you [can keep] the inner openness and depth that your practice has provided.” ~ Swami Nirmalananda

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